


JUNE 2015 GROUP EXERCISE CLASSES				
Health Service – Diabetes Program				
Salt River Fitness Center & Salt River Pool				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:05A-11:50A Spinning® w/Beverly 9 bikes available 12:05P-12:50P Core Functional Training w/Braxton 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Annie 6:30P-7:30P Senior Dance 55+ w/Roberta	2 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A NO CLASS 11:00A-12:00A Beginner's Yoga w/Vanessa 12:05P-12:50P Total Body Conditioning w/Braxton 5:30P-6:30P Spinning® w/Michelle 9 bikes available	3 6:15A-7:00A NO CLASS 12:05P-12:50P HIIT w/Michelle 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Rachel 6:30P-7:25P Beginner's Yoga w/Rachel	4 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A NO CLASS 12:05P-12:50P Step N Pump w/Rachel 4:05P-4:55P Core Functional Training w/Braxton 5:30P-6:00P 30 HITTT w/Michelle	5 12:05P-12:50P Spinning® w/Michelle 9 bikes available 5:30P-6:30P Zumba® w/Rachel
8 11:05A-11:50A Schwinn Cycling® w/Katie 9 bikes available 12:05P-12:50P Core Functional Training w/Braxton 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Annie 6:30P-7:30P Senior Dance 55+ w/Roberta	9 6:15A-7:00A Schwinn Cycling® w/Rachel 9 bikes available 9:30A-10:00A NO CLASS 10:00A-11:00A SMI Chair Yoga w/Melinda *Private Session* 11:00A-12:00A Beginner's Yoga w/Vanessa 12:05P-12:50P Total Body Conditioning w/Dion 5:30P-6:30P Spinning® w/Michelle 9 bikes available	10 6:15A-7:00A Schwinn Cycling® w/Katie 9 bikes available 12:05P-12:50P HIIT w/Michelle 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Rachel 6:30P-7:25P Beginner's Yoga w/Melinda	11 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A YS EEP – Mousercise 10:00A-11:00A SMI Chair Yoga w/Melinda *Private Session* 12:05P-12:50P Step N Pump w/Rachel 4:05P-4:55P Core Functional Training w/Braxton 5:30P-6:00P 30 HITTT w/Michelle	12 12:05P-12:50P Spinning® w/Michelle 9 bikes available 5:30P-6:30P Zumba® w/Rachel
15 SRPMIC DAY OBSERVED  FITNESS CENTER CLOSED	16 6:15A-7:00A Schwinn Cycling® w/Rachel 9 bikes available 9:30A-10:00A NO CLASS 11:00A-12:00A Beginner's Yoga w/Vanessa 12:05P-12:50P Total Body Conditioning w/Dion 3:00P-4:00P Fit Rez Kids (age; 7-10) Circuit Training w/Rachel 5:30P-6:30P Spinning® w/Michelle 9 bikes available Salt River Pool 6:30P-7:30P Water Aerobics w/Rachel	17 6:15A-7:00A Schwinn Cycling® w/Katie 9 bikes available 12:05P-12:50P HIIT w/Michelle 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Rachel 6:30P-7:25P Beginner's Yoga w/Rachel	18 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A YS EEP – Mousercise 11:00A-12:00P Closed for HS Meeting 12:05P-12:50P Step N Pump w/Rachel 3:00P-4:00P Fit Rez Kids (age; 7-10) Zumba Kids® w/Rachel 4:05P-4:55P Core Functional Training w/Braxton 5:30P-6:00P 30 HITTT w/Michelle Salt River Pool 6:30P-7:30P Water Aerobics w/Michelle	19 12:05P-12:50P Spinning® w/Michelle 9 bikes available 5:30P-6:30P Zumba® w/Rachel
22 11:05A-11:50A Schwinn Cycling® w/Katie 9 bikes available 12:05P-12:50P Core Functional Training w/Braxton 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Annie 6:30P-7:30P Senior Dance 55+ w/Roberta	23 6:15A-7:00A Schwinn Cycling® w/Rachel 9 bikes available 9:30A-10:00A YS EEP – Mousercise 10:00A-11:00A SMI Chair Yoga w/Melinda *Private Session* 11:00A-12:00A Beginner's Yoga w/Vanessa 12:05P-12:50P Cross Training w/Rachel 3:00P-4:00P Fit Rez Kids (age; 7-10) Tabata w/Rachel 5:30P-6:30P Spinning® w/Michelle 9 bikes available Salt River Pool 6:30P-7:30P Water Aerobics w/Rachel	24 6:15A-7:00A Schwinn Cycling® w/Katie 9 bikes available NEW CLASS! 11:00A-12:00P Big Fit w/Anya 12:05P-12:50P HIIT w/Michelle 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Rachel 6:30P-7:25P Beginner's Yoga w/Melinda	25 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A YS EEP – Mousercise 10:00A-11:00A SMI Chair Yoga w/Melinda *Private Session* 12:05P-12:50P Step N Pump w/Rachel 3:00P-4:00P Fit Rez Kids (age; 7-10) Yoga w/Vanessa 4:05P-4:55P Core Functional Training w/Braxton 5:30P-6:00P 30 HITTT w/Michelle Salt River Pool 6:30P-7:30P Water Aerobics w/Michelle	26 12:05P-12:50P Spinning® w/Michelle 9 bikes available 5:30P-6:30P Zumba® w/Rachel
29 11:05A-11:50A Schwinn Cycling® w/Katie 9 bikes available 12:05P-12:50P Core Functional Training w/Braxton 2:00P-3:00P JTR Yoga *Private Session* 5:30P-6:30P Zumba® w/Annie 6:30P-7:30P NO CLASS	30 6:15A-7:00A Spinning® w/Beverly 9 bikes available 9:30A-10:00A YS EEP – Kids' Yoga 11:00A-12:00A Beginner's Yoga w/Vanessa 12:05P-12:50P Total Body Conditioning w/Dion 3:00P-4:00P Fit Rez Kids (age; 7-10) Zumba Kids® w/Rachel 5:30P-6:30P NO CLASS NEW CLASS! 6:30P-7:30P Big Fit w/Anya Salt River Pool 6:30P-7:30P Water Aerobics w/Rachel	Salt River Fitness Center Hours: Monday – Thursday 6:00am to 7:30 pm Friday 6:00am to 6:30 pm Weekend – Closed 480-362-7320/480-362-7342 Diabetes Program's Fitness Center is open to SRPMIC Enrolled Community Members & family members, Residences, Tribal Employees and Enterprise Employees (only). Fitness Center maybe closed due to designated tribal holidays, meetings, trainings, events and etc. Group exercise class maybe cancelled due to no instructor or class maybe changed to a different class. Staff will try to post information as soon as they can via sign, email, intranet & internet.		

Group Exercise Class Descriptions

BEGINNER’S YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

BIG FIT: You can be large and be physically fit. Work out with other larger women. Enjoy to move your body in your own pace. Be encouraged to take charge of your health. Routine includes warm up, low impact cardio, muscle toning and flexibility.

CORE FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

CROSS TRAINING: This class takes the participant through a series of cardio and strength training exercises with relatively brief rest intervals in between. The purpose is to keep the heart rate elevated near the aerobic level without dropping off to ensure fast, dramatic fitness results. Since the program is fast-paced and offers variety, it can be more interesting than a typical class that focuses on only one aspect (cardio or strength).

FIT REZ KIDS (age: 7-10): Fit Rez Kids is a program where youth will participate in variety of group exercise classes tailored to them – Zumba Kids®, Circuit Training, Tabata, Fitness Conditioning and Yoga to name a few. Class will start with warm-up and stretching followed by workout session and then closes with cool-down and stretching. Summer program only from June 16 – July 30, 2015. Sign up youth at SR Fitness Center. Tuesday & Thursday sessions.

HIIT (High Intensity Interval Training)/30 HITT: This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

STEP N PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a circuit/interval setting.

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

SPINNING®/SCHWINN CYCLING®: SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

- FIRST COM FIRST SERVES! NO RESERVING BIKE.
- 9 BIKES AVAILABLE.
- REMEMBER TO BRING WATER BOTTLE AND TOWEL FOR WORKOUTS!
- WE ENCOURAGE A BASE OF CARDIOVASCULAR EXERCISE OF 3 MONTH PRIOR TO STARTING IN THE INDOOR CYCLING CLASS ALL, INDOOR CYCLING CLASSES WELCOME THE BEGINNER TO ADVANCE RIDERS.

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity.

WATER AEROBICS: Water aerobics, also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

Best attire would be a swimsuit. Allowed in pool are non-bleeding fabric t-shirt and shorts. If needed water shoes for sensitive feet. NO CUT-OFF-SHORTS & CUT SHIRTS. All water aerobics participants are required to fill out a Personal Health History form prior to of start class. All participants under the age of 18 must have parent or guardian sign Personal Health History Form. All attendees must be at least 13 years of age and older. Anyone participating between the ages of 13-17, must be accompanied by responsible adult 18 years or older. For your safety, before starting an aerobics routine or class, check with your health care professional if you are able to exercise, please get a medical clearance if you have multiple health concerns, such as, diabetes, high blood pressure, heart disease or injuries. Classes will be for all fitness levels; from the novice to the most experienced.

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

****PRIVATE SESSIONS GROUPS****

JOURNEY TO RECOVERY YOGA: This session is for Journey to Recovery clients only. PRIVATE SESSIONS

SMI CHAIR YOGA: This session is only open to SMI cliental. PRIVATE SESSIONS

YS EEP – MOUSERICE/KIDS’ YOGA: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.